

# COST OF HOME HEALTH CARE

## Abstract

**Background:** In consideration of the increase in medical expenses in an aging society, home health care are promoted in Japan. However, there is no evidence that home health care are cost effective and the total cost including direct cost and indirect cost of home health care is unclear.

**Method:** We used prospective cross-sectional survey data. Participants were patients who received home health care in May 2018. Patients' cost data and characteristics were collected from the medical and long-term care databases. Indirect costs collected by questionnaire were job absenteeism and cost of care.

**Results:** We surveyed 166 patients' data. The median age (interquartile range) was 82 (74-88) years. The median total cost of home health care for the month was ¥677,951, direct cost was ¥262,447 and indirect cost was ¥395,577. Total cost of light care level patients was ¥416,562 and ¥932,592 for heavy care level patients. Older age was related to decrease direct home health care cost ( $p = 0.009$ ) and oxygen use was also significantly increase direct cost ( $p = 0.01$ ). Only care level was significantly associated with both total cost ( $p < 0.001$ ) and indirect cost ( $p < 0.001$ ). As compared with light care level patients, heavy care level patients had to pay more total cost (risk ratio (RR), 2.24; 95%CI [1.60 – 3.13]), direct cost (RR, 1.79; 95%CI [1.49 - 2.15]) and indirect cost (RR, 2.85; 95%CI [1.64 – 4.95]).

**Conclusion:** We evaluated the cost of home health care. Indirect costs contributed to a large amount of the total cost. For the patients who needed heavy care, not only direct cost but especially the indirect cost becomes a large burden.